

Cool Down Index

The following questions refer to your reactions and perceptions during your working day, especially with regard to the compassionate handling of persons you care for.

Please respond to these questions as honest as you can: There are no "right" or "wrong" answer.

Please rate the **frequency** of reactions and perceptions ("how often") and also the **intensity** ("how strong"), and fill the respective number in the right columns..

- **How often:** 1 - a few times a year or less; 2 - once a month or less; 3 - a few times a month; 4 - once a week; 5 - a few times a week; 6 - every day
- **How strong:** 1 = very weak; (...) 4 = moderate; (...) 6 = very strong

In dealing with the people I look after (therapeutically), I notice that...	How often? (1-6)	How strong? (1-6)
... I simply must stop letting everything get to me to such an extent.		
... I have to withdraw with increasing frequency to protect myself.		
... their personal problems and worries often simply become too much for me.		
... I often no longer have the patience to listen to them.		
... I largely don't care what they think of me.		
... I increasingly think how nice it would be to pack it all in.		
... some of them simply annoy me.		
... I myself increasingly go short.		
... I increasingly 'work to rule'.		